

WORD OF WISDOM CENTENNIAL NUMBER

THE LATTER-DAY SAINTS'

# MILLENNIAL STAR

ESTABLISHED IN 1840

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*"There is not a man in this Church who knows any better than I do that God the Father and Jesus Christ the Redeemer are the great physicians; but you cannot be healed without faith."*—J. GOLDEN KIMBALL.

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Thursday, February 23, 1933

Price One Penny

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## The Lord's Law of Health.

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[Revelation given through Joseph, the Seer, at Kirtland, Geauga County, Ohio, February 27, 1833.]

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1.—A Word of Wisdom, for the benefit of the council of high priests, assembled in Kirtland, and the church, and also the saints in Zion—

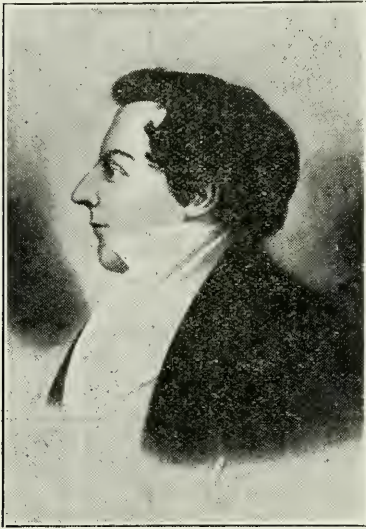
2.—To be sent greeting; not by commandment or constraint, but by revelation and the word of wisdom, showing forth the order and will of God in the temporal salvation of all saints in the last days—

3.—Given for a principle with promise, adapted to the capacity of the weak and the weakest of all saints, who are or can be called saints.

4.—Behold, verily, thus saith the Lord unto you: In consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you and forewarn you, by giving unto you this word of wisdom by revelation—

5.—That inasmuch as any man drinketh wine or strong drink among you, behold it is not good, neither meet in the sight of your Father, only in assembling yourselves together to offer up your sacraments before him.

6.—And, behold, this should be wine, yea, pure wine of the grape of the vine, of your own make. . . .



JOSEPH SMITH, PROPHET

use of man, with thanksgiving; nevertheless, they are to be used sparingly.

13.—And it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine.

14.—All grain is ordained for the use of man and of beasts, to be the staff of life, not only for man but for the beasts of the field, and the fowls of heaven, and all the wild animals that run or creep on the earth.

15.—And these hath God made for the use of man only in times of famine and excess of hunger.

16.—All grain is good for the food of man; as also the fruit of the vine; that which yieldeth fruit, whether in the ground or above the ground—

17.—Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.

18.—And all saints who remember to keep and to do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones,

19.—And shall find wisdom and great treasures of knowledge, even hidden treasures.

20.—And shall run and not be weary, and shall walk and not faint.

21.—And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.—*Doctrine and Covenants*, Section 89.

7.—And, again, strong drinks are not for the belly, but for the washing of your bodies.

8.—And again, tobacco is not for the body, neither for the belly, and is not good for man, but is an herb for bruises and all sick cattle, to be used with judgment and skill.

9.—And again, hot drinks are not for the body or belly.

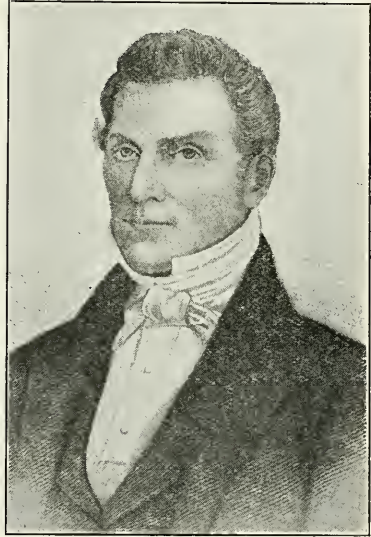
10.—And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man—

11.—Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving.

12.—Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the

## HYRUM SMITH, PATRIARCH

THE Lord has told us that "strong drinks are not for the belly." Who is it that will say that they are, when the Lord says they are not? That man who says, "I can drink wine or strong drink, and it will not hurt me," is not wise. Some will say, "I know that it did me good, for I was fatigued and feeble on a certain occasion, and it revived me, and I was invigorated thereby; and that is sufficient for me." It may be for you, but it would not be for a wise man; for every spirit of this kind will only produce a greater languor when its effects cease to operate upon the human body. But you know that you are benefitted? Yes, so does the man who has mortgaged his property know that he is relieved from his present embarrassments; but his temporary relief only binds the cords of bondage more severely around him. The Lord has not ordained strong drink for the belly, "but for the washing of your bodies."



HYRUM SMITH, PATRIARCH

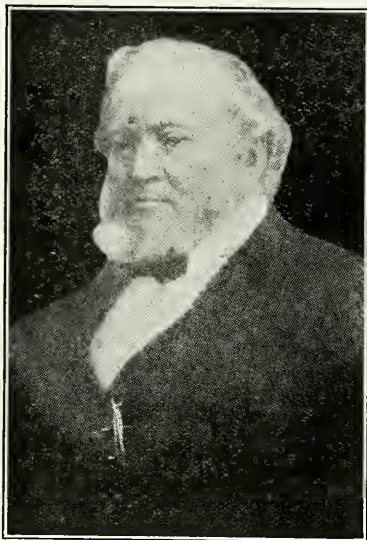
And, again, "tobacco is not for the body, neither for the belly, and it is not good for man, but is an herb for bruises and all-sick cattle, to be used with judgment and skill." Tobacco is a nauseous, stinking, abominable thing, and I am surprised that any human being should think of using it—for an Elder especially to eat or smoke it, is a disgrace to him. He is not fit for the office; he ought first to learn to keep the Word of Wisdom, and then to teach others. God will not prosper the man who uses it.

And, again, "hot drinks are not for the body or belly." There are many who wonder what that can mean, whether it refers to tea or coffee or not. I say it does refer to tea and coffee. Why is it that we are frequently so dull and languid? It is because we break the Word of Wisdom. Disease preys upon our systems; . . . and we do not comprehend the things of God. The devil takes advantage of us, and we fall into temptation.

Let the Saints be wise; let us lay aside our folly and abide by the commandments of God. So shall we be blessed of the Great Jehovah in time and in eternity. We shall be healthy, strong and vigorous; we shall be enabled to resist disease.—(From a discourse delivered May 29th, 1842, at Nauvoo, Illinois.)

## PRESIDENT BRIGHAM YOUNG

So long as you are able to walk and attend to your business, it is folly to say that you need ardent spirits to keep you alive.



PRESIDENT BRIGHAM YOUNG

The constitution that a person has should be nourished and cherished; and whenever we take anything into the system to force and stimulate it beyond its natural capacity, it shortens life. I am physician enough to know that. When you are tired and think you need a little spirituous liquor, take some bread and butter or bread and milk, and lie down and rest. Do not labour so hard as to deem it requisite to get half drunk in order to keep up your spirits. If you will follow this counsel, you will be full of life and health, and you will increase your intelligence, your joy and comfort.

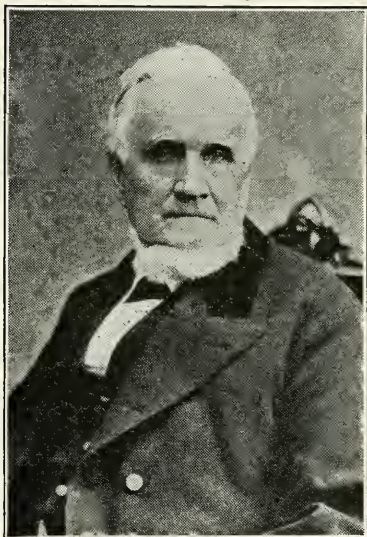
It is a piece of good counsel which the Lord desires His people to observe, that they may live on the earth until the measure of their creation is full. This is the object the Lord had in view in giving that Word of Wisdom. To those who observe it He will give great wisdom and understanding, increasing their health, giving strength and endurance to the faculties of their bodies and minds until they shall be full of years upon the earth.

Many of our sisters think they cannot live without tea. I will tell you what we can do—I have frequently said it to my brethren and sisters—if they cannot live without tea, coffee, brandy, whiskey, wine, beer, tobacco, etc., they can die without them. This is beyond controversy. If we had the determination that we should have, we would live without them or die without them. Let the mother impregnate her system with these narcotic influences when she is bringing forth a family on the earth; and what does she do? She lays the foundation of weakness, palpitation of the heart, nervous affections, and many other ills and diseases in the system of her offspring that will afflict them from the cradle to the grave. Is this righteous or unrighteous, good or evil? Let my sisters ask and answer the question for themselves, and the conclusion which each and every one of them may come to is this: "If I do an injury to my child, I sin."—(*Journal of Discourses*, pp. 284-87.)

## PRESIDENT JOHN TAYLOR

FOR this purpose He (God) has gathered us here as we are here to-day—that while we are pursuing the natural avocations of life, we might at the same time be taught and instructed of God, that we might learn the laws of life—that we might be purified from the corruptions and infamies that exist in the world, and that our spirits might be purged from everything that tends to deteriorate, injure or destroy man; and that we might be enabled to comprehend those principles which are calculated to elevate, to exalt and ennoble mankind, and to prepare them for the enjoyment of a place among the Gods in the eternal worlds.

And in regard to drunkenness we will not be contaminated nor disgraced with infamy of such conduct—and as the honesty of a man can only be tested by his having temptation within his reach, so no man can be considered as



PRESIDENT JOHN TAYLOR

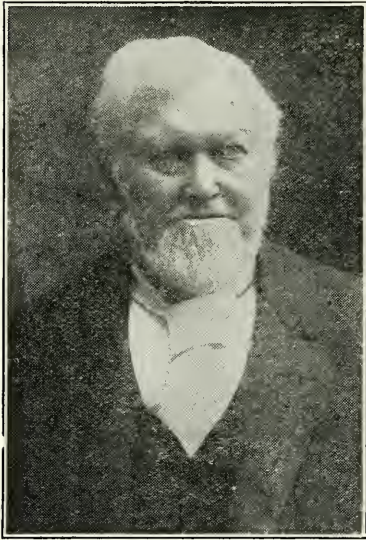
acting properly who cannot let liquor alone, when that is within his reach. Virtue does not consist simply in being prevented from committing evils, but in having temptations presented before us and then governing our passions and appetites. Good and evil are placed before us, no matter by whom, it is for us to resist evil and cleave to the right. We are told that it is to him that overcometh that I will grant to sit down on my throne, as I have overcome and sat down on my Father's throne. Neither do we want any excuses for any of these things, for God will condemn us if we bear them, and His wrath will be enkindled against us, and we shall find it a hard matter to pack such infamies upon our shoulders. Now it is for us to choose what course we will pursue.

We want men who are saints from principle, men who love God, who keep His commandments, men who are pure and virtuous, men who are seeking to glorify God through obedience to His laws, and men who do these things because they love to do them.

We have entered into covenants with God, and it is only on the condition of our keeping our covenants inviolate that we shall be entitled to the exceedingly great and precious promises which He has made to us. And He does expect us to be true to Him.—(*Journal of Discourses*, Vol. 22, pp. 336-40.)

## PRESIDENT WILFORD WOODRUFF

WE are sent into this world to accomplish a great purpose, and to fulfil the object of our creation we must observe the commandments of God, and obey the ordinances of His house, and walk in them while we live in the flesh, that when we have done with this body we can go back into the presence of our Father and our God and receive in fulness the blessings and promises made to His children.



PRESIDENT WILFORD WOODRUFF

Those persons who will not walk according to the light they have, must sooner or later inherit sore afflictions to themselves; they do not have joy, and happiness, and salvation like that person who obeys the commandments of God and constantly does that which is right. The wicked are always in fear. There is no inducement for a man or woman to commit sin—it is not a paying business.

It is better for us to serve the Lord; for those who serve the Lord morning, noon and night are happy, whether they be rich or poor.

Let us try to live our religion, and try to be the friends of God; and let us make war against the works of the devil. Let us seek to overcome ourselves, and all our evil impressions, and bring our bodies in subjection to the law of Christ, that we may walk in the light of the Lord, gain power with Him, and assist in sanctifying the earth and in building up temples, and in attending to the ordinances of the house of God, that we may be saviours of men, both of the living and the dead. These are our privileges, and the blessings which the God of heaven has put into our hands.

Our President (Brigham Young) has frequently told us that we cannot separate the temporal from the spiritual, but they must go hand in hand together; and so it is, and so we must act in reference to building up the Church and kingdom of God. We should foresee the evil, and then foreseeing it we should hide ourselves, and preserve ourselves in purity and holiness.

Our temporal and eternal salvation is all connected and linked together . . . The Lord has raised up unto us fathers, leaders, and counsellors after His own heart: they possess His will, and they are leading the people to exaltation and glory.

## PRESIDENT LORENZO SNOW

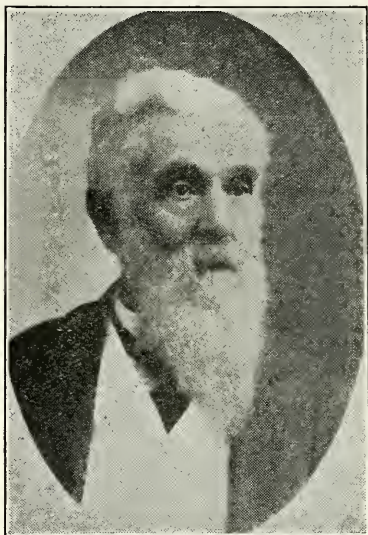
THE Gospel is proclaimed, a channel is opened through which individuals may receive a knowledge of things pertaining to life and salvation, of those things that are required at their hands, and of the course they should pursue as the servants and handmaidens of God.

This Gospel, which God has commanded us to offer to the world, is an order or system of things, simple, plain, and may easily be understood. In regard to its principles, the nature of its requirements, and the precise kind and character of its blessings and promises, no one, however ignorant or unlearned, needs to be left in the dark; but may discover its golden truths, and the emblazoned mark of divinity in its arrangements.

This system of religion, in its nature, in the character of its origin, the manner of operations, and in the purposes for which it was designed, coupled with the fact that people of honest hearts can and will appreciate divine truth, is such that it cannot be destroyed. A man who is honest, full of integrity and love for the interest and happiness of mankind, having explored this long, untrodden path, and made this glorious discovery, will not and cannot keep silent, but despite of threats and opposition, however fierce and terrific, will boldly declare the glorious fact, spreading and multiplying this divine intelligence, and if so required, seal his testimony with his own life's blood.

Our mission is to the world, and not simply to carry the Gospel to the people, but to establish plans and lay schemes for their temporal salvation. Our object is the temporal salvation of the people as much as their spiritual salvation.

A religious system is of but little account when it possesses no virtue nor power to better the condition of people, spiritually, intellectually, morally and physically.—(*Journal of Discourses*, Vol. 26, p. 371.)

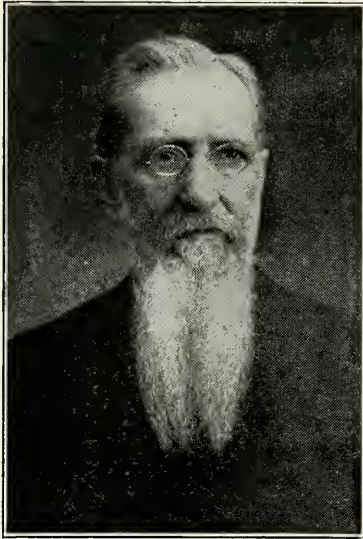


PRESIDENT LORENZO SNOW

THE Word of Wisdom offers a most wonderful promise, "adapted to the capacity of the weak and the weakest of all saints, who are or can be called saints;" and we are assured that through obedience we shall be made strong mentally, physically and spiritually.

## PRESIDENT JOSEPH F. SMITH

I DO wish with all my heart—not because I say it, but because it is written in the word of the Lord—that you would give heed



PRESIDENT JOSEPH F. SMITH

to the Word of Wisdom. It was given unto us “not by commandment”; but by the word of President Brigham Young, it was made a commandment unto the saints. It is written here for our guidance, for our happiness and advancement in every principle that pertains to the kingdom of God, in time and throughout eternity and I pray you to observe it. It will do you good; it will ennoble your souls; it will free your thoughts and your hearts from the spirit of destruction; it will make you feel like God, who sustains even the sparrow, that it does not fall to the ground without His notice; it will bring you nearer to the similitude of the Son of God, the Saviour of the world, who healed the sick, who made

the lame to leap for joy, who restored hearing to the deaf and sight to the blind, who distributed peace, joy, and comfort to all with whom He came in contact, and who cured and destroyed nothing, save it was the barren fig tree, and that was to show forth His power more than anything else:

And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel, and marrow to their bones.

And shall find wisdom and great treasures of knowledge, even hidden treasures;

And shall run and not be weary, and shall walk and not faint;

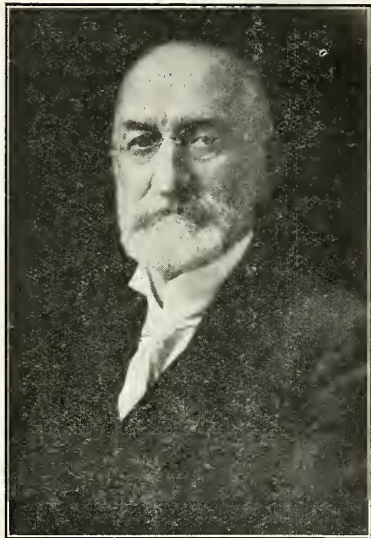
And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. (Doc. and Cov. 89: 18-21.)

Are these glorious promises not sufficient to induce us to observe this Word of Wisdom? Is there not something here that is worthy our attention? Are not “great treasures” of knowledge, even “hidden treasures,” something to be desired? But when I see men and women addicting themselves to the use of tea and coffee, or strong drinks, or tobacco in any form, I say to myself, here are men and women who do not appreciate the promises God has made unto them.—(*Gospel Doctrine*, pp. 457-459.)



## PRESIDENT HEBER J. GRANT

THE Latter-day Saints have a revelation from God regarding strong bodies. In that revelation it is recorded that tobacco is not good for the body. It is also reported there that strong drinks are not to be taken internally, but are only for the washing of the body. We are told in this same revelation that hot drinks are not good for man. This revelation was given in 1833. . . . I am thankful that the great majority of the Latter-day Saints are observers of the Word of Wisdom—that tea, coffee, liquor and tobacco are let alone by the Latter-day Saints.—(April, 1926, Conference Report.)



PRESIDENT HEBER J. GRANT

A whip helps a horse to go a little bit further, but it does not add any strength to the horse, and no narcotic or stimulant that creates an appetite for itself is good for man or woman. And thank the Lord we have His word to that effect.—(April, 1926, Conference Report.)

The Lord knew what He was saying when He told us that if we would obey His law—the Word of Wisdom—it would bring us temporal salvation. That is exactly what it will do for us from the day we obey it.—(April, 1916, Conference Report.)

We are promised that if we obey the Word of Wisdom it will give us physical strength, whereby the destroying angel shall pass us by as he did the children of Israel. And we are promised that we shall have hiddea treasures of knowledge if we live in accordance with the Word of Wisdom.—(April, 1930, Conference Report.)

It behoves us each one to use his or her influence to the uttermost to see that our boys keep this commandment of the Lord and pay no attention to the sophistries and the ideas and the reasoning of men in favour of the use of tobacco. The end of all controversy has been reached for every true Latter-day Saint because the Lord has said, "Tobacco is not good for man."—(October, 1917, Conference Report.)

## MEDICAL OPINIONS OF ONE HUNDRED YEARS AGO

ELDER C. DENNIS MCCARTHY

THROUGH investigations made by men of science, the evils of tobacco, tea, coffee and alcohol are self-evident and well-known facts to-day. Such was not the case, however, at the time the unschooled "Mormon" Prophet introduced the Word of Wisdom in 1833. In view of the present generation's knowledge, therefore, the theories endorsed by the greater part of even the medical profession one hundred years ago often appear absurd. As indicative of the current opinion which greeted the announcement of the Word of Wisdom, the following extracts from publications of that date found in the British Museum are both significant and interesting to Latter-day Saints.

The particular virtues of tea, for instance, are listed by G. G. Sigmond, M. D., F.S.L., in his book, *Tea; Its Effects, Medicinal and Moral*, published in London, 1839, as these :

It maketh the body active and lusty. 2. It helpeth the head-ache, giddiness and heaviness thereof. 3. It taketh away the difficulty of breathing, opening obstructions. 4. It is good against tipitude, distillations, and cleareth the sight. 5. It is good against erudities, strengthening the weakness of the ventricle, or stomach, causing good appetite and digestion, and particularly for men of corpulent body, and such as are great eaters of flesh. 6. It vanquisheth heavy dreams, easeth the brain and strengthens the memory. 7. It overcometh superfluous sleep, and prevents sleepiness in general, a draught of the infusion being taken; so that, without hurt to the body, whole nights may be spent in study. 8. It is good for colds, dropsys and scurvy. 9. And that the virtues and excellencies of this leaf and drink are many and great, is evident and manifest by the high esteem and use of it among the physicians and knowing men of France, Italy, Holland, and other parts of Christendom.

Published six years after the Word of Wisdom had been declared to the world, these statements are typical of the "encre-all" properties which were claimed for tea. Modern knowledge, of course, emphatically condemns hot drinks of all kinds, but the Church had no such comforting reassurance when it declared itself in 1833. Coffee likewise received intellectual assent and popular acclaim, as evidenced by a comment concerning it by James Chalmer, in *Health and the Means of Preserving It*, 1832 :

Coffee has a great many recommendations for those who lead active lives, and it is much to be regretted that so little use is made of it in this country in comparison with tea, which unless stronger and better in quality than most people can produce, is a drivelling beverage.

Some of the arguments advanced in defense of tobacco seem almost puerile. For example, "An Old Physician" discussed it in this manner, in his book, *Health Without Physic*, published in 1830 :

Moderate smoking is useful: it has cured the toothache, arising from inflammation of the membrane, but it is not to be used where the gums are much inflamed.

The same author, "An Old Physician," i.e., Effingham Wilson, concludes his observations on the digestive organs as follows:

The healthy stomach knows few or no distinctions, and, with the exception of the durability of the process, which is the only difference, it is as capable of digesting a piece of oilcloth or a cobbler's lapstone, as comparatively easy as a rump-steak or a mutton chop,

Long and bitter has been the controversy on the question of alcohol. First as to its physiological benefit as a beverage, and then as a medicine. In the first instance teetotalism has made a sweeping victory, and as for the second, doctors have now restricted the use of alcohol to exceptional cases, and then only in very small quantities. Dr. Allcott in 1839 expressed in *Tea and Coffee* current opinion of his day on the subject of alcoholic beverages:

Many a stomach cannot digest a piece of cake, unless it is followed by a glass of wine, cider or beer. Roast pork, and several other kinds of animal food, not only relish better, but set more easily on the stomach by these means. Many fruits cannot be eaten in any quantity, unless they are followed by some condiment.

Even up to the year 1882 this view was accepted and taught by a large section of authorities. A review published for the Academy of the New Church entitled, *The Wine Question, in the Light of the New Dispensation*, comments thus:

We have demonstrated that alcoholic beverages are normal stimuli, food, heat-producers, and agents in the digestion of ailments. This is deduced from the concurrent testimony of eminent scientists. The quotations made by the author of the book under consideration are inappropriate, partisan, or utterly false. And hence his numerous reiterations that alcohol, wine, etc., are poisons, infernal putrified substances, etc., may deceive the ignorant by the force of their repetition. . . . The question at issue is whether or not alcoholic beverages are injurious or poisonous. We assert that such beverages are not poisonous; and further, we claim that alcohol itself has a good correspondence.

As shown by the above quotations the militant doctrines of the Church of Christ one hundred years ago must have appeared foolhardy in the light of the best knowledge of that day. Nevertheless, the heresy of yesterday is the orthodoxy of to-day, and a careful examination of the pertinent facts cannot help but convince the unbiased truth-seeker of the mighty inspiration of the latter-day prophet, Joseph Smith.

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WE stand for physical, mental and spiritual health through observance of the Word of Wisdom.—M. I. A. slogan for 1931-32.

## WE BUY ILL HEALTH

E. L. C. DALE

How is it that nothing is done to dispel the pitiable ignorance that exists—particularly among the poor—with regard to food?

Last week I sat in a shop in the Mile End Road and studied despairingly the appalling ignorance prevalent in the matter of food. A tiny boy, who looked no more than four, entered. The sight of his emaciated legs and wrists gave one a stab, as did his pale, pinched face. He held up a penny:

“Half a custard tart and half a bar of chocolate.”

“I can't keep cutting the tarts in half,” said Mrs. H., the proprietress, and added coaxingly, “Why not have an orange? You can have a whole orange for a halfpenny; they are so sweet and juicy and will do you far more good.”

“Muvver said half a custard tart and half a bar of chocolate,” repeated the pathetic mite.

Mrs. H. sighed despondently as she took a knife and divided one of those anaemic-looking abominations known as “custard tarts,” and broke a bar of chocolate. He took them without a word and hurried out of the shop as fast as his poor, weak legs could carry him.

“That's for his dinner,” she said. “He comes for it every day.”

“Poor little chap, what else will he have? Surely, that's not all?”

“A little white bread and butter or a few potatoes.”

“Peeled and boiled—and water thrown away—I suppose? What a totally inadequate meal for a child of four. No wonder he's rickety. Are his parents very poor?”

“Four? He's over six! No, they are not desperately poor. His father earns two pounds a week and there are only three children; but his mother—like so many others—has no idea how to feed them.”

A boy of about seven came in. His front teeth were rotted away with caries, and his body was obviously undernourished.

“A loaf of bread, a jar of pickles, a small pot of jam and a ha'porth of aniseed balls, please.”

Mrs. H. brought from under the counter a snow-white loaf—a travesty on “bread.”

The next customer was a girl of eleven, with big, hollow, lifeless eyes and a dreadfully white face.

“A loaf of bread, please, a bottle of tomato sauce, half a pound of madeira cake and a tin of peaches.”

And so it went on for nearly an hour. White bread, white “Self-raising” flour—pernicious stuff that ought to be prohibited by law—tea, coffee essence, white sugar, tinned foods of all descriptions,

vinegar, jam, pickles, bacon, cheap sweets, cakes and tarts made of white flour and much baking-powder. No demand for fresh fruit, vegetables or wholemeal bread. Varying sums were spent from pence to shillings, yet scarcely a pennyworth of real food obtained—nothing that could possibly supply the mineral salts so obviously needed and so essential to build strong bones, strong teeth and healthy blood.

“They never buy wholemeal bread,” said Mrs. H. “I did my best to push it, but it was quite useless. ‘We don’t like it.’ ‘Father won’t eat it.’ ‘It’s a ha’penny more than the white.’ These were among the reasons given. In vain I tried to convince them that one slice of wholemeal bread contained more nourishment than three slices of white. I even tried letting them have it at the same price as the white, just to see whether it was the extra ha’penny that kept them from it, but it made no difference. They have no idea that white bread and flour are starvation foods, and will not listen. They are guided solely by taste, appearance and custom.”

Enquiry revealed that the average family spent anything from 25s. to 35s. a week on food, some even more, yet for half that sum they could be infinitely better fed if they only knew. A few pennyworth of plain whole wheat, well boiled and eaten with milk, would provide a magnificent meal for a large family, give them all their bodies required, and certainly far more nourishment than everything else that they eat in a day. Or plenty of good wholemeal bread, some milk and a few tomatoes would be a much better and healthier diet than their present one, and cost less.

The above incidents are but a few examples of what is going on daily all over the country, yet nothing is done to alter it. When shall we have enough sense to make instructions in dietetics part of the education of every child in our country? For until we do so we shall make little headway in our fight against disease. We have a Board of Education that spends millions of the taxpayer’s money yet fails to instruct our children in a subject of such vital importance! Can any intelligent person doubt for one moment that a sound knowledge of dietetics—that is, how to choose their daily bread, how to live to be healthy—would be of more value to our children—and the nation—than half the nonsense they learn? We have a Ministry of Health, we spend vast sums on research, on the treatment of disease, yet what is the use of any “treatment” if the patient continues to live on food that is the root cause of his ill-health?

Wrong diet is the cause of most of the disease in this country, and since ninety per cent. of this can be ascribed to the use of white bread and flour, why are no practical steps taken to combat its use? Press propaganda on the evils of white bread and denatured “spoiled” foods has enlightened a small section of the

community, but something far more drastic is required to change the lifelong habits of the masses, who are the chief—though by no means the only—sufferers. Since it is a well-nigh hopeless task to make the average unscientifically-minded man or woman understand that right food means health, and wrong food means disease, we should do everything possible to prevent them from being victims of their ignorance and apathy, and at the same time safeguard the future by educating the children, and at least save them even though we fail to save their parents. Every child in every school should be instructed in the evils caused by the use of white bread and flour, and be taught—by practical demonstration, if necessary—that wholemeal flour will make equally good puddings and cakes if it is finely ground.

The harm caused by white bread is greater than the harm caused by alcohol; indeed, there would be little need for any "temperance" legislation if white bread and flour were banished from every home, as a properly nourished body does not crave artificial stimulation.

A public opinion strong enough to fight and overcome apathy, indifference, ignorance, prejudice, and vested interest could compel any Government to take whatever steps were considered necessary to make it at least more difficult for people to buy ill-health. We are "legislated" for from the cradle to the grave, so we might as well have for once some legislation with a little common sense in it. A heavy tax on white bread and flour would soon lessen its popularity. The Ministry of Health should make it an offence to give it to children, and forbid its use in all Children's Homes and Schools. Meanwhile the medical profession might set a good example.—(*New Health*, August, 1932.)

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## A CURE FOR SKIN DISEASE

WALTER SHORTLE, BRISTOL DISTRICT

THE Word of Wisdom is such a practical and tangible part of the Gospel that we seldom think of it in the form of a testimony. Our bodies call for food; we eat what we desire, we are well or ill, and seldom do we stop to think about the causes of our sickness. The study of food as taught in this revelation of God, enables us to understand the workings of our bodies, the various processes through which our food passes after entering into the mouth. The minerals, the liquids that are extracted from our daily foodstuffs, all play a part in determining whether our bodies are spotless or marked with disease.

Many diseases in life have become so well established that many think them incurable, and in a similar manner has our way of "feeding" become stereotyped, so that to depart from established custom seems extraordinary and to some childish. Yet

many complaints could be cured and even prevented, if only one would give heed to the truths of the Word of Wisdom. The old, old saying, of "don't do as I do, but do as I tell you" may be illustrated in the following example which has proved to me that there is divine guidance in this revelation known as the Word of Wisdom.

Since living in Plymouth, a Mrs. Fall, with whom we lived (she was not a Latter-day Saint), had for many years suffered from that skin disease known as eczema. She had the opinion that it was incurable, that nothing could be done except the rubbing of ointment upon her skin. Knowing that we were "Mormons," and having heard us speak upon the preparation of food and its value to the body, she asked me if I could advise her how to cure her malady. I told her that by following a certain diet she would greatly relieve her trouble, and in process of time clear her body. The diet was as follows: Cold water to be drunk on rising in the morning and during the day, no tea whatever, wholemeal bread, plenty of fresh fruit, vegetables to be cooked without soda, the water to be used in gravies, and if possible to drink it; eat a portion of vegetable each day raw, and all pastries and fancy cakes to be avoided. Fresh air, and some light exercise completed the programme.

The whole system was "poooh-pooohed," it was too much trouble, it was a waste of time, she was not a child, and so on, were the remarks passed.

Shortly afterwards she became so bad that a physician was called. Imagine the lady's disgust when he placed her upon the same diet I had prescribed, except for one thing, the drinking of vegetable water. The diet was followed and the lady became much better. After her recovery the doctor called again and allowed her to return to her usual way of living; tea and white bread, etc. This man, trained in the medical science of to-day, upheld the Word of Wisdom as long as it was required, then his patient was allowed to drift to the old way of living again. In consequence, she still suffers from eczema. Never again, however, did she "poooh-poooh" the Word of Wisdom. It had been proven and not found wanting.

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ADHERENCE to the Word of Wisdom reduces the cost of living—the main economic problem of our day—by the larger use of the less expensive foods, such as grains and vegetables, and by saving the huge sums expended for harmful beverages, tobacco, tea and coffee.—JOHN A. WIDTSOE.

HEALTH is one of the first great blessings of God to man, and second only to health is wisdom. These two great blessings are promised to every man, woman and child in the Church of Christ who obeys the Word of Wisdom.—HEBER J. GRANT.

THURSDAY, FEBRUARY 23, 1933

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EDITORIAL

HIS WORDS FAIL NOT

THE first number of the *Millennial Star*, published in May, 1840, contains an article on temperance, in which the evils of the use of alcohol and tobacco are pointed out. A few numbers later, the revelation known as the Word of Wisdom was published. In the third volume, Patriarch Hyrum Smith's inspired discourse on the Word of Wisdom appeared in full. From that time onward the *Star* has steadily and consistently advocated obedience to the Word of Wisdom as the Lord's law of health.

During this long period of time the greatest known progress in human knowledge has occurred; much of it in the field of health. The *Star* has been privileged to witness the steady accumulation of overwhelming evidences for the correctness of the teachings of the divinely given Word of Wisdom. Whereas in 1833, only a few held the views expressed in the Word of Wisdom, and then without scientific authority, now only the few among civilized people fail to concede that its teachings are in harmony with the best existing knowledge. Seldom has any divine utterance been so fully confirmed by human discovery.

During this long period also, the *Star* has had occasion to note the favourable physical, mental and economic effects upon those who obey the Word of Wisdom. The Latter-day Saints have become a unique and outstanding group with respect to their general physical fitness, in freedom from disease, as well as in longevity. The statistics demonstrating this fact have been printed frequently in these pages. Likewise, in mental proficiency as in economic welfare, the Latter-day Saints rank higher than any other similar group in numbers and environment. These and other conditions, desired by all men, have resulted, largely, from the practice of the Word of Wisdom.

True, all men do not yet practise the principles laid down in this health code, but more do so than ever before. There is yet much drunkenness; the stench of tobacco befouls the clean air almost everywhere, and beverages, such as tea and coffee, which contain nerve-whipping drugs, are made to hide, temporarily, errors in diet and living, to the permanent injury of the body. This, of course, is due to man's weakness of character, which impels him to use his free agency in pursuit of a quick, temporary effect, deceiving the senses; instead of seeking the steady, secure sense of well-being which comes from conformity to truth.

Physical well-being is the foundation in this mortal probation of mental and even spiritual health, and certainly also of economic



success. The eyes of the world are turned towards this truth. The time will come when the Word of Wisdom will be generally accepted in practice by the human family.

The query of the first issue of the *Star* in 1840 fits the present day!

“Now, people of England, I ask you, would not the cash you pay for spirits and tobacco be a sum sufficient to relieve all the suffering poor, the lame, the blind, the sick, the widow, the fatherless!”

On this centennial anniversary of the Word of Wisdom the same question is asked, for the sober consideration of the world.—W.

## THE WORD OF WISDOM AN INSPIRED DOCUMENT

THE Word of Wisdom which was given to the world through Joseph Smith on February 27th, 1833, is an inspired document. True, instructions in human nutrition did not originate with the Prophet of modern days, for man has been interested in his own bodily welfare since the beginning of time. Indeed, the first man, Adam, was instructed as to his food; for in the first chapter of Genesis, verse 29, we read: “And God said, behold, I have given unto you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.”

This interest has persisted throughout time, and experts of every age have attempted by one scheme or another to prolong life, as well as to increase man's power to enjoy health. From this very interest a great many “food fads” and “cults” or “cure-alls” have sprung into being from time to time, while nations have developed eating habits which seem to suit best their climate and other conditions.

Wise men have arisen in each age to “point the way to health.” Amongst others Hippocrates, called the Father of Medicine, who lived in Greece (460-377 B.C.) gives many wise instructions regarding health maintenance. He also makes it clear that eating is only one of the provisions for health. He gives this wise advice:

Bodies not properly cleansed, the more you nourish them the more you injure them. In proportion to the food taken the patient should have evacuations twice, or thrice, during the day. Persons in good health quickly lose their strength by taking purgative medicines, or using bad food. When more food than is proper has been taken, it occasions disease.

Neither repletion nor fasting, nor anything else, is good that is carried to excess.

Whoever pays no attention to these things, or who pays attention to them without full knowledge, cannot understand the diseases which befall man. By every one of these factors the health and condition of man are affected in some way, and his entire life is influenced thereby, whether he be in health, suffering from disease, or convalescent. It follows that nothing else is more important or more necessary to know than these things.

Many other instructions might be quoted from divers sources to show how general has been this interest throughout the centuries.

What then is the great contribution made to human welfare by Joseph Smith, and why may the code of health he gave his people lay claim to the statement that it was inspired? The proofs may be generalized into four groups:

First, the facts and factors of human nutrition with its underlying principles—explaining how mineral foods affect gland activity and the part played by vitamins in health maintenance and many other facts—were unknown in the Prophet's day. Indeed, scientists admit they are but beginning to understand the full scope of these factors of health or disease. In 1830 the harmful ingredients of tea and coffee were really not recognized; and so-called civilized people then as now made meat and flesh foods the largest part of their dietary. The real reason for the danger of excessive meat eating is but recent knowledge, and is not even yet generally recognized. To witness: At any hotel in Christendom or on the average family table, meat forms the bulk of the food. The prophet's instructions were sound in this as in every other particular item.

The science of human nutrition as we know it to-day is not more than two or three decades old. Yet in not one particular are the truths taught specifically, or even indicated in the Word of Wisdom, at variance with this "newer knowledge"; and most of them were definitely foretold or indicated therein.

Second, these teachings are sane and sound as well as fundamental. There is nothing contained therein that savours of any sort of "quackery," or that goes to the extreme in any way. Yet are the instructions definite enough that "he who runs may read," while its truths are for every one in every walk of life and are adapted "to the capacity of the weakest of all saints, who are or can be called saints." While the document is brief, it is an epitome of all necessary instructions on the subject of diet for health, and if followed to the letter is bound to promote health. That would not be possible did it partake in any sense of the nature of a fad or a cult for any extreme teachings. Its teachings are eminently sound, and in its scope is particularly applicable to this day of cold storage and rapid transportation from the four quarters of the earth, with the resulting food packages and tins of every description. To combat this present tendency all were "warned and forewarned" that the fruits of the earth should be eaten fresh and "in the season thereof."

Third, for one hundred years a group of people growing in numbers from one thousand to three quarters of a million, and from all countries under the sun, have tried to live at least partially according to the teaching of this Word. The results of this huge experiment are enlightening. Had the people used their

free agency to live it more completely, the results would have been startling. But let the facts speak for themselves: "Reliable vital statistics of the Latter-day Saints practising the Word of Wisdom, compared with those of the leading nations, as furnished by the latest health year-book of the League of Nations (1929), demonstrate the health-giving power of the system. The average birth-rate of twenty-five of these nations was 22 per thousand of population; of the Latter-day Saints, 30 per thousand, or nearly one-third greater, implying sound health. The average death-rate of the nations was 14 per thousand; of the Latter-day Saints 75 per thousand, or about one-half as great, implying increasing length of life. The net difference between birth-rate and death-rate of the nations was 8 per thousand; of the Latter-day Saints 23 per thousand, or nearly three times as great. The effect of the Word of Wisdom is clearly evident."

Nor is that all. It is not sufficient just to live; one must enjoy health while living. The freedom from disease of this group of people is not what it might be did the people live the Word of Wisdom in its fullness. Yet in all the most prevalent diseases of modern man this people possess far greater immunity as is proven again by reliable statistics. The life and living habits of this group of people forms a somewhat unique experiment on a grand scale which goes to prove the correctness of the teachings of this wonderful code of health.

A fourth and final evidence of the inspired nature of this document is the fact that it is impossible to conceive of an unlettered young man with practically no technical education giving out unaided such a system of definite health instructions. How could he know or even guess at truths not then known? And how dared he—if he were uninspired—give them to the world as being the "word of the Lord" to His people?

These four substantial points make a rather stable structure for the proof of the original statement and title of this contribution.

Will you not become one of the number who testify to the truths of these statements? For verily is the "proof of the pudding in the eating." May we not institute a Word of Wisdom campaign from this date throughout the next one hundred years, to comprise all members of this Church, even the "weakest of those who are or may be called saints?" Let this experiment be continued with an ever increasing number of strict adherents who are determined to startle the world with their health record while they enjoy an increasing daily vigour of mind and joyous health of body.

This code of health is but an added testimony of the entire validity of all the Prophet's teachings, and *wise* is the man or woman, young or old, who adheres strictly to the teachings of this inspired Word of Wisdom.—LEAH D. WIDTSOE.

## RECENT CONFIRMATIONS OF MEDICAL SCIENCE

BISHOP JAMES H. WALLIS

EVERY DAY additional evidence confirming the Word of Wisdom is adduced by medical science. A superficial review of some of the latest and most important of these will prove of considerable interest.

Readers of the *Millennial Star* will recall the account published in the April 21st issue of last year, of the experience of Dr. J. D. Rolleston with alcohol at the London Western Hospital. He stated that he personally had not used alcohol in treatment for twenty-five years, and that after his appointment at the hospital in 1926, he was able to persuade his colleagues to do likewise, without, of course, prohibiting its use when they considered it absolutely necessary. In consequence of this experiment, the consumption of brandy diminished from 2,589 ounces in 1925 to only one ounce in 1928, while none at all was used in the years 1929 and 1930. The case mortality (with the exception of scarlet fever, in which there was a difference of a decimal in 1929) was the lowest of all nine London hospitals. Dr. Rolleston expressed the view that the recovery rate was higher and that convalescence was more rapidly attained, than in cases treated by the use of alcoholic beverages in other hospitals. At the same time the risk of alcohol of therapeutic origin was avoided.

The British Medical Association at its Centennial last year also made important statements relative to the subject of diet, and the effect of foods on the health of the human body. "Too much meddling with the natural foods by millers and cooks" was declared against by one of the eminent lecturers, in discussing the value of whole wheat flour, and the need of reform in the use and preparation of proper foods. Mention was also made of several diseases now curable through correct dieting, which but a few years ago were considered necessarily operative. In fact, all of the talks given at the convention by men who constitute undisputed authorities in hygienic laws, marvellously vindicated every phase of the revelation given to the boy-prophet one hundred years ago.

A press dispatch in one of the London papers in January, reported an emphatic condemnation made by Dr. Charles W. Chapman, of Guy's Hospital, London, of the rush for whisky, which has accompanied the typhoid outbreak in the North of England, in which twenty-nine deaths have occurred. Dr. Chapman compares the present situation to one he encountered during his student days, when an outbreak of cholera occurred in the East end of London. The prevalent idea among the people at that time was that gin, whisky and brandy were the only means for prevention and cure of disease. As a result of this view an

astounding number of people needlessly died. Brewer's draymen, who in those days were usually heavy drinkers, according to Dr. Chapman, nearly always died if they had pneumonia. "At this period," Dr. Chapman says, "brandy was more or less an adjunct to the medical treatment of acute diseases. It has now been proven that a little alcohol may be beneficial, but the routine prescription of an alcoholic has been banned. Recovery may be hindered and a fatal issue result from its indiscriminate use."

Mr. P. H. Mitchiner of the consulting surgical staff of St. Thomas's Hospital, early in February, published a paper in which he has made a very convincing plea for the use of tannic acid in the treatment of burns and scalds. He reminds us that the Chinese are well acquainted with this remedy, and have been treating burns and scalds with tea for over 5,000 years. No one will dispute but that this is without a doubt a very useful application of tea, but surely no sane person cares to give a normal, healthy stomach the same medicine used for skin abrasions. Tannic acid is used also in the preparation of leather, as almost every one knows.

Dr. H. C. Carlson, affiliated with the student health service of the University of Pittsburg, U.S.A., reveals some new facts concerning the smoking of cigarettes, in an Associated Press dispatch. "The lethal poison, nicotine, in tobacco, corresponds to the opium in the poppy, and is just as habit-forming," Dr. Carlson explains. "The closer the fire approaches the mouth, the greater the amount consumed by the smoker."

One of America's foremost medical authorities, Dr. William J. Mayo, lately discussed hot drinks as follows: "Food is cooled during mastication, but liquids are often swallowed hotter than can be borne comfortably in the month. One cannot help thinking that hot drinks may be one of the most important irritative causes of chronic ulcer and precancerous lesions. Primitive men and animals do not take their drinks hot and seldom have gastric cancer."

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## PROMISE FOR KEEPING WORD OF WISDOM REALIZED

FLORENCE ALLSOP, MANCHESTER DISTRICT

THERE is a law, irrevocably decreed in heaven before the foundations of this world, upon which all blessings are predicated—

And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated. (Doc. and Cov. 130: 20, 21.)

When the Lord gave the Word of Wisdom revelation to Joseph Smith, He gave some wonderful promises for those who would live in obedience to these particular teachings. He said that they should receive the blessing of priceless health. Surely, health is a wonderful gift, for without it everything else is unimportant

and cannot be enjoyed. How many of us fully realize the greatness of these promised blessings? The reality of the promise that "the destroying angel shall pass by them, as the children of Israel, and not slay them," was marvellously demonstrated to me in an experience that occurred some seven years ago.

Two missionaries, Elders W. W. Depew and Glen A. Neilson, came to my home one evening, and I invited them to share dinner with us. During the preparation of the meal I had occasion to carry a kettle full of boiling water from the kitchen to the dining room. My little niece did not observe my action, and as she came rushing out of the dining room on her way to play in the yard, tripped over the pot of boiling water. Her face, neck and chest were severely scalded, and she ran screaming to Elder Depew, hiding her face under his coat, crying, "Save me, save me."

We were all greatly distressed, but finally managed to calm her, and the Elders helped me take off her clothes and put on a dressing of consecrated oil over the scalds. Then we laid her on the couch to rest after the shock. Just before it was time for her to leave for school, she said, "Auntie, please let me go to school, it's scholarship class."

After much persuasion I let her go, wrapping her shoulders in a large silk handkerchief in order to prevent any irritation from her clothes. She could see that I was very much upset by the accident, and said, "Don't worry, I shall be alright, Auntie."

I fully expected to see her come home earlier than usual, and besieged with pain, but instead she came at four o'clock, in the afternoon, the usual time. Smiling, she said, "Take these dressings off now, Auntie, I am well." I did as she directed, and was astonished to find that there was not a mark to show where the boiling water had been. My, but I was thankful!

I shall never forget that experience. As I pointed out to my niece, the destroying angel had passed by without harming her because she had kept the Word of Wisdom. She received the promise of safety. It is our duty as Latter-day Saints to train our children to obey the Word of Wisdom. They will not depart from it when they are made to realize that God promises the obedient a priceless gift—a healthy body and a healthy mind.

## WEAK HEART REGAINS ITS FORMER VIGOUR

ELDER JOHN F. COOK, NORWICH DISTRICT

WHEN I<sup>\*</sup> was investigating many creeds and doctrines in an endeavour to find the true Church, I reasoned with myself, that true religion must of necessity include my temporal salvation. I felt that, a Gospel, to be real, must teach me how to live and conduct myself each and every day, and not merely be a Sunday

religion; that it must fill all my life, the greater part of which is temporal. For example, I reasoned that if the use of tobacco were wrong, a true religion would tell me so; I felt it would leave nothing to chance, and that it would be so complete in its teachings that if smoking were right, it would advise me to that effect, and what foods and drinks I should use or avoid. I wanted a 100 per cent. religion, or none at all. I was not surprised, therefore, when I investigated this Gospel, that it was the true religion I had been searching for; and that it included, completely, all that I had reasoned the real Gospel should contain. It was with eager heart and mind that I studied and digested the Word of Wisdom, God's revealed Word to us, as to what we should eat and drink, and what to avoid, as found in Section 89 of the Doctrine and Covenants: "And all Saints who remember to keep and do these sayings—shall receive health in their navel and marrow to their bones—and shall run and not be weary and shall walk and not faint."

When, in 1919, I was discharged from the army, I was suffering from a weak heart, the result of being blown up in France, and of war service. It continued to trouble me right up to the time of joining the Church in 1926. Then there came to me the knowledge that if I obeyed the "Word of Wisdom" I should merit the blessings promised to those who do so. As far as modern conditions will allow, I and my household have conformed, from that time forth, very strictly to the commandments of the revelation. Harmful constituents, such as tea, coffee, alcohol, tobacco, etc., were absolutely "taboo" in our house.

I wish to bear my solemn and sober testimony, that from that time forth my heart grew stronger, until at length it ceased to trouble me. And, after a long spell of unemployment I was able, at that time, to take up a job in a sugar-beet factory, doing work which many men of greater physique than myself had failed in; work which entailed severe bodily strain, sufficient to test any human. Further, "and they shall find wisdom and great treasures of knowledge, even hidden treasures." What a promise! And what great possibilities the promise holds out.

I wish to add to my testimony this: Since obeying the Word of Wisdom I have learned more, not only of the Gospel itself, but of things and knowledge in general. I had no idea of a certain gift lying dormant within me, until it was revealed to me by the Holy Spirit, which guides us into all truth, the gift of record-making, by which I am enabled to search out the ancestry of those who are anxious to do the work in the temples of the Lord for their dead. And there was only one possible way the Spirit could work within me, and that was by keeping clean and in order, the body which is the tabernacle of the Spirit. To use a modern illustration, I had to see that my "receiving set" was in good condition, in order to "tune in" to the "Great Broadcast"—

the promptings of the Spirit. And I know that the surest way to do this is to keep the body fit by complete obedience to the "Word of Wisdom."

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## WORD OF WISDOM SPELLS PHYSICAL POWER

ELDER JAMES R. BARGH, SHEFFIELD DISTRICT

A DELICATE frame, a sheltered life, extreme social reserve. That is the shortest history I can give of the first twenty years of my life. Then the Gospel came. How ill-equipped was I for contact with the moral and physical hardihood of a great pioneer people! The impression of truth was too strong to be set aside by any inconvenience arising from the new situation, however. The beauty and power of the wonderful new religion had generated within me a great spiritual force that seemingly must go on forever. So I simply had to be a Latter-day Saint.

But what was to be done! I needed fibre, and I needed it badly. Something must happen. And happen it did. Oh, the soul-stirring testimony of the great succeeding years! I cannot praise myself, but I praise the Giver of Gospel power with all my heart. Weak still I should be, lamentably so, were it not for the unquestionable vitality, transmittent vitality of "Mormonism." How interesting it would be to trace the matter up. To-day I can only brush lightly a single factor operating continuously in the great progressive miracle.

Recall now my position: A delicate frame, a sheltered life, extreme social reserve. What did I most need? Sound physical health and strong self-reliance. It would have been difficult indeed to decide which was the more hopeless proposition, equally difficult to say in which the greater result has been achieved. To go a step further, I am not a little undecided even in regard to the Word of Wisdom alone, as to whether its influence has been more pronounced in physical refinement or in the building of moral fibre. I can absolutely feel the distinctive force in each respective case: feel the new physical liberty and the new moral strength.

What joy, what character-making force in partaking of food and drink of the kind and in the quantity you know is divinely right. Then there is the loveliness of refusing things which are not good but very attractive; in other words, the joy of overcoming. How is it possible that one should continue to do such things without acquiring a magnificent soul-uplifting faith? Surely I do know that the Word of Wisdom is a marvellous character-builder.

As for the physical side, I am a sort of living wonder. Frail



and delicate through childhood, adolescence, youth and early manhood, and generally regarded as a proper subject for early decay, a complete reversion has followed, including strong signs of possible longevity. Well, without taking extreme views upon such undetailed evidence, I do know that the Word of Wisdom spells physical power, for I can feel it, and have done so for nearly thirty years.

And yet the greatest reason for keeping the Word of Wisdom, to me, is because we please our Heavenly Father when we do so.

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### TEN COMMANDMENTS OF "DO'S" AND "DON'TS"

1. DO learn the importance of right food habits.
2. DO understand that appetite alone is no guide to properly feeding the body.
3. DO eat more salads and green foods—even in winter.
4. DO eat less meat, less heavy suet puddings, less fried foods.
5. DO take a little of the necessary fat, as salad oil with salads (oil must be fresh).
6. DO learn to enjoy natural food flavours; avoid condiments—pepper, mustard, vinegar and strong sauces.
7. DO eat fresh, natural foods, as prepared by nature "in the season thereof;" avoid embalmed, tinned or package foods.
8. DO eat fewer foods at one meal.
9. DO beware of white, devitalized foods (except milk). They are as pale and sickly as they look. Avoid pastry and rich deserts.
10. DO study verse 4, Section 89, Doctrine and Covenants, and apply its meaning to your foods and conditions.

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1. DON'T use any food that is spoiling; vegetables and fruits should be fresh.

2. DON'T waste one crumb of bread—make pudding or soup.

3. DON'T waste one particle of cooked food—make salads or soup.

4. DON'T waste one leaf of green vegetable. Turnip tops, beet tops, cabbage and cauliflower greens make good vegetables. The sunshine (life) is in the green leaves; hence the valuable minerals and vitamins are there. Cut up the toughest outside leaves and the tops of celery for soups.

5. DON'T peel vegetables—scrape them; often minerals and vitamins are near the skin. Cook in skin if possible.

6. DON'T soak peeled vegetables in water for even one minute. Clean and cook immediately, as needed.

7. DON'T use soda *ever* in cooking any vegetable. It destroys vitamins and flavour.

8. DON'T cook vegetables too long.

9. DON'T throw away water in which vegetables are cooked. Use in gravies, sauces and soups. The less water the better.

10. DON'T forget that man must eat to live, and his health depends largely on what he eats.

## WORD OF WISDOM EXHIBITS

ELDER C. DENNIS MCCARTHY

TEACHERS of the Gospel of Jesus Christ eagerly avail themselves of every opportunity for presenting their message to the world. Each succeeding generation finds new and more efficient methods of piercing the dark wilderness of error with the searchlight of eternal truth. The Word of Wisdom exhibit at the International Hygiene Exposition held in Dresden, Germany, May 30th, 1930, initiated an entirely new phase in proselyting activity. Complete success marked every detail of the exhibit, and the efforts expended in its behalf were fully rewarded. During its five months duration over 2,166,500 visitors listened to the lectures and viewed the charts demonstrating the efficacy of the Word of Wisdom. Literature further explaining these facts was distributed to 212,000 people.

Realizing the great possibilities of this type of work and in view of its enthusiastic reception, permission was secured the following year, 1931, for a similar display. Again a vast amount of good was accomplished, interest created, and prejudice allayed.

Closely following this example, the recently opened Czecho-Slovak Mission sponsored a display at the National Sport and Health Exhibition held from May 31st to October 4th, 1931, at the city of Pardubice, the sporting center of the Czecho-Slovak nation. Permission was readily granted because of the reputation for excellence in sports which the champion "Ute" missionary basketball team had won. Many distinguished visitors examined and frankly admired the exhibit, among them, Thomas G. Masaryk, president of the republic. Dr. Payrek, professor of bacteriology at the Charles University of Prague, wrote an article for *The Medical Journal of Czecho-Slovak*, on "The 'Mormons' and their Word of Wisdom," in which he said the "Mormons" had given the greatest demonstration in modern times of what abstinence can do. During the same summer, the Swiss-German Mission conducted a similar exhibit at the great good health exhibition held at Luzern, Switzerland. The exhibit was very successful and resulted in much good to the Church and its cause.

Echoes of such commendable efforts in foreign lands, naturally

reached Church members throughout the world. Soon it was suggested that the General Board of the Mutual Improvement Associations conduct a public Word of Wisdom exhibit, incident to their 1931 June convention in Salt Lake City. The proposal rapidly gained impetus, a suitable building was rented on the main street of the city, models and other apparatus for physiological tests was donated, and a bevy of other material gathered and systematically arranged. Formal opening took place June 9th, and although only planned for a week, the exhibit met with such popularity, that it was extended until the 22nd of the month. A corps of volunteer workers gave an average of six hours of their time each day to receive 40,000 visitors. Moving pictures played a noteworthy part in graphically portraying the deleterious effects of nicotine, alcohol, caffeine and an unbalanced diet upon the health. Several local sectarian ministers recommended the exhibit to their congregations and thousands of Latter-day Saints were brought to a fuller realization of the Lord's divine counsel.

Three years ago a very fine demonstration of preparing foods in accordance with the spirit of the Word of Wisdom, was given in Manchester under the direction of Sister Leah D. Widtsoe, who also gave lectures and prepared literature for the occasion.

The Word of Wisdom obviously makes a strong appeal to the modern, scientific mind. It clears a pathway by means of which further truth may be introduced. We should have more of such demonstrations.

## EAT MEAT SPARINGLY

DR. JOSEPH F. MERRILL

OF THE COUNCIL OF THE TWELVE

DR. L. WESTON OAKS, Medical Director of the Brigham Young University, Provo, Utah, U. S. A., in a recent paper entitled, "Science and the Word of Wisdom," answers the query, "What is the Word of Wisdom," by propounding the following very terse statements:

- (1) That the "Word of Wisdom" was given as a revelation from God, February 27, 1833.
- (2) That at the time of being revealed, it was considerably in advance of accepted scientific knowledge in the things set forth.
- (3) That subsequent developments of scientific discovery have faithfully supported its teachings. [I particularly commend this statement to you.]
- (4) That some of its provisions have even yet not been experimentally studied to the point of verification or refutation.
- (5) That it is a philosophy of health, without fanaticism or

dogma of reform, which points the way to salvation of body and mind.

(6) That obedience to the letter and spirit of the "Word of Wisdom" is the simple and sure road to health—which means happiness—and to long life, which means much opportunity for joy and service.

(7) That the "Word of Wisdom" is a way of life distinctive to the "Mormon" or Latter-day Saint people.

In these informative statements two ideas stand out prominently: (1) the "Word of Wisdom" was given to the world before lay and even scientific people had knowledge of the things set forth; and (2) science has since faithfully supported its teachings.

Dr. Oaks continues: "The 'Word of Wisdom' was given when Louis Pasteur was only eleven years old, and ten years before the birth of Robert Koch (these two men later established the relationship of bacteria to disease); thirty-two years before Lord Lister applied antiseptics to surgery; eight years after the first scientific experiment upon digestion of foods were begun by Beaumont; and many years before the establishment of modern dietetics, it yet contained the rounded current of vital truth in personal health which multifarious investigations in those and other branches have since yielded to present day hygiene."

Now the foregoing declarations by an able and well-trained doctor who is conservative in his statements leads us to look for what other authorities may have written on topics mentioned in the "Word of Wisdom." With regard to eating meat, the language of the "Word of Wisdom" is as follows: "Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly. And it is pleasing unto me that they should not be used only in times of winter, or of cold, or famine."

Are you interested in hearing what present-day science says about the eating of meat? Professor Irving Fisher of Yale University, and Dr. Eugene Lyman Fisk, Medical Director of the Life Extension Institute of New York City, in a published book, *How to Live*, says: "The essential constituents of human food are fats, carbohydrates, proteins, minerals and vitamins, the last being added to the list only in recent years. A proper diet is made of these essentials in proper proportion. Protein is the tissue-building constituent of foods. It is found in meat, eggs, fowl, milk, peas, beans, grains, especially wheat, most vegetables, fruits, etc. They consist entirely of protein and water; also most ordinary foods contain more or less protein."

Too much protein is injurious. When protein is taken in great excess of the body's need, as is usually the case in the diet of Englishmen, added work is given the liver and kidneys, the circulation is over-stimulated and the "factor of safety" of these

organs is exceeded. Hence the importance of avoiding the poisoning that comes from too much protein.

Even the most ardent advocates of a meat diet cannot produce a scientific evidence to show that intestinal putrefaction to a high degree is in any way beneficial to the organism. Hence, in seeking the best form of diet, meat as a source of protein may well be excluded, and the requisite protein secured from milk, nuts, cereals and vegetables. If in the average diet a pint of milk daily is substituted for whatever meat portions have therefore been taken, there would be no danger of protein lack. Dr. Hubner, one of the world's foremost authorities in hygiene, condemns the very popular idea that meat is very "strengthening." Actual experiments on this point have shown exactly the opposite to be the case. This statement will surprise most people. But meat eating and a high-protein diet, instead of increasing one's endurance, have been shown, like alcohol, actually to reduce it.

Experiments conducted at Yale University furnished a severe test of the claims of the flesh-abstainers. Two comparisons were planned: one between flesh-eating athletes and flesh-abstaining athletes and flesh-abstaining sedentary workers. The results indicate that the users of low protein and the non-flesh dietaries have far greater endurance than those who are accustomed to the ordinary diet.

Now read these words from the "Word of Wisdom," given by Joseph Smith to the world nearly 100 years ago, long before science knew any of the facts just stated: "And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel, and marrow in their bones. . . . And shall run and not be weary, and shall walk and not faint." How do you account for the fact that Joseph Smith could give these truths to the world many years before science knew about them?

Poisons are present in excess in the blood of heavy meat eaters. The result is that the liver and kidneys are much over-worked and thus wear out prematurely.

Dr. Newburgh, a University of Michigan professor, says as a result of his researches, he has concluded that an excess of protein in the diet, resulting from heavy meat eating, is one of the causes of the great increase in recent years of diseases of the kidneys, heart, and blood-vessels.

The foods to be used most sparingly are those which contain a great excess of protein, such as meat, eggs, cheese and beans. On this account, there are many authorities who think that it would be safer to discard the use of meat altogether than to continue to use it so freely as so many are doing. Dr. McCullom of John Hopkins University, an eminent authority on nutrition, says: "I have not the slightest hesitation in saying that a vegetarian diet, supplemented with fairly liberal amounts of milk, is the

most satisfactory type of diet a man can take. Professor Chittenden of Yale University, says, "With vegetables of all kinds and milk, bread, and butter, you have at your command all the necessary resources for a nutritious diet."—(Radio talk given at Salt Lake City, Utah, U.S.A., July 26th, 1931.)

### AN APPRECIATION

How very seldom we hear people express their appreciation of another's goodness, and for the interest they take in the welfare of their fellowmen. We are profuse in our words of praise after their death, and liberal with our money to buy flowers for their burial place, to wither in a few hours. But the words of appreciation that would have been a benediction to them in their lives are rarely spoken. No one single person in the last few years, in these British Isles, as well as in the missions of the Church on the Continent, has done as much to impress upon Latter-day Saints the value of keeping the Word of Wisdom as has Sister Leah D. Widtsoe, president of the European Mission Relief Societies. By word of mouth, by her pen, by demonstration, and by manuals and outlines, as well as by example, she has accomplished a work that has been a blessing to the people.

Recently a president of a Relief Society in the northern part of the British Mission wrote the following tribute to her, which we feel justified in publishing, seeing that this is an enlarged issue of the *Millennial Star*, and devoted exclusively to the Word of Wisdom:

I write in appreciation of the splendid Manuals we studied in the Relief Society during 1930-31-32. They have been so interesting and instructive. Many valuable lessons have been learned that will be useful throughout life. Our minds have been enlightened upon matters that we knew very little about. Now we can readily see how to improve ourselves and become more useful to the community.

All the members of the Relief Society in our branch thoroughly enjoyed the lessons, especially those dealing with the Word of Wisdom. Many have testified to the benefits derived through study and putting into practice the valuable things they have learned.

I have just lately had the Manuals bound together, and they make a fine volume. Not only that, it is much more handy. The cost of binding in cloth was 2s. Perhaps some of the sisters of the British Mission would like to do the same.

I appreciate having the Manuals, and thank our leaders for their valuable help in the past years.—JAMES H. WALLIS.

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CEASE to be idle; cease to be unclean; cease to find fault one with another; cease to sleep longer than is needful; retire to thy bed early, that your bodies and your minds may be invigorated.—Doctrine and Covenants 124: 88.

## CHURCH WIDE NEWS

FIVE and one-half million endowments for the living and the dead have been performed in the Salt Lake Temple since its dedication on April 6th, 1893. This figure is exclusive of work done in the other six temples of the Church.

PRESIDENT HEBER J. GRANT recently returned from a three weeks visit with friends and relatives on the Pacific coast. He is apparently in excellent health and fully recovered from the effects of his illness and operation in Chicago.

ELDER ALBERT M. TALMAGE, brother of Apostle James E. Talmage, although blind for sixty years, edits and prints a monthly magazine in Braille for the blind. He is at present engaged in publishing the Book of Mormon for the blind, and announces that the work is about half completed.

**Notice**—The office of the European Mission has been moved to 5 Gordon Square, London, W. C. 1. All communications to the office or members of the office should be sent to the new address.

JOHN A. WIDTSOE.

## FROM THE MISSION FIELD

**Transfers:** On January 30th, Elder Osborne M. Vance was transferred from the Welsh to the Sheffield District.

**Arrivals and Assignments:** Herbert T. Edgar of the Mission Ward, San Francisco Stake, and Drayton B. Nuttall of the 33rd Ward, Liberty Stake, arrived in Great Britain from America, February 2nd. They were assigned to the Welsh and the Norwich Districts, respectively.

**Appointments:** Elder Jodie J. Smith was appointed to preside over the Scottish District on February 1st, succeeding Elder Leonard N. Giles.

Elder Leon Frehner of the Nottingham District was transferred November 18th, to the European Mission Office, where he has been appointed Correspondence Secretary.

**Releases and Departures:** The following missionaries were released January 23rd, from their labours in the British Mission, and sailed February 9th, aboard the s.s. *Manhattan*, for their respective homes in the United States: Elders Elden L. Bastian of the Nottingham and Portsmouth Districts, Warren M. Tingey of the London and Bristol Districts, and Cyril A. Linford of the Leeds and president of the Sheffield Districts.

**Doings in the Districts:** *Norwich*—Monday evening, January 30th, the Ipswich Branch held a successful social in their branch hall. Games and refreshments contributed to the enjoyment of all in attendance.

Char-a-bancs from both Norfolk and Suffolk made their way to Great Yarmouth, Thursday evening, February 2nd, carrying members and friends of the Church from various parts of the Norwich District to a dance at the new branch hall in Yarmouth.

## NOT FIT TO BE KISSED

"WHAT ails papa's mouf?" said a sweet little girl.  
 Her bright laugh revealing her teeth white as pearl.  
 "I love him and kiss him, and sit on his knee.  
 But the kisses don't smell good when he kisses me."  
 "But, mama"—her eyes opened wide as she spoke—  
 "Do you like nasty kisses of 'bacco and smoke?  
 They might do for boys, but for ladies and girls  
 I don't think them nice," as she tossed her bright curls.  
 "Don't nobody's papa have moufs nice and clean?  
 With kisses like yours, mama—that's what I mean?  
 I want to kiss papa, I love him so well,  
 But kisses don't taste good that have such a smell."  
 "It's nasty to smoke, and eat 'bacco, and spit,  
 And the kisses ain't good, ain't sweet, not a bit!"  
 And her blossom-like face wore a look of disgust  
 As she gave out her verdict, so earnest and just.  
 "Yes, yes, little darling! your wisdom has seen  
 That kisses for daughters and wives should be clean;  
 For kisses lose something of nectar and bliss  
 From mouths that are stained and unfit for a kiss."

—SELECTED.

## DEATH

THOMPSON—Sister Jane Elizabeth Thompson, aged 58, passed away December 16th. Interment took place December 19th, in the Dewsbury Cemetery.

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